Effect of Peer Pressure, Internet Use and Cyberbullying on Adolescent's Mental Health

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1 Introduction

Peers are groups of people who share similar interests, ages, backgrounds or social standing. The presence of peers is particularly important during adolescence because adolescents start to shift from spending quality time with families to spending time with friends and peers. Peers become safe arena, where adolescents can experiment, learn, and maintain certain social norms with peers and also trying to find their identity and autonomy on the path to becoming adults. As significant as 'peers' role in adolescents peer pressure is often inevitable. Peer pressure is the process by which members of the same group influence other members to do things that they may be resistant to or might not otherwise choose to do. Because of peer pressure adolescents choose wrong companions, and they indulge themselves into unnecessary activities like online gaming, internet addiction, alcohol intake, smoking,risky driving practices, and criminal activities are nothing new in the reckless period of adolescence.

Since in the present time internet services is available with everyone,adolescent easily access internet. Due to lack of understanding and maturity they spend their maximum time on internet for gaming purpose and sometimes this addiction can belethal. Sometimes due to unawareness adolescents get trapped into criminal activities like cyberbullying because of internet addiction and online gaming. Cyberbullying is the bullying by using of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behaviour aimed at scaring, angering or shaming those who are targeted.

1.1 Peer pressure

Peer Pressure is a feeling pressure given by the peers to act in a certain manner. In the present study, peer pressure is associated with many anti-social activities and risky behaviour among youth. For example, smoking, drinking, drug abuse, road rage, traffic accidents, rule violation at public places,risky sexual behaviour, robbery, kidnapping, rape, even murder, and development of diseases like HIV infection. Peer pressure is often during the adolescence stage of a teenager because adolescents often seek comfort among their peers and intend to do what their peers do without knowing if it is good or bad for them. Adolescence is a period of an individual that is transitory when a child reaches the point is changing its childhood to adulthood (Adeniyi &Kolawole, 2015). Thus, individuals are prone temptation in the social contextualization concept, for example, socializing with others tend to do some activities such as napping and drinking during classes or work day (Bonein&Denont–Boemont, 2013).

1.2 Internet use

Given the accessibility to the internet, the lack of self-control and immaturity of physical and psychological development of students, it is imperative that researchers pay special attention to the issue as related to student population (Dong et al., 2020; Hwang et al., 2020). Thus, this study examines the overall relationship between problematic inter- net use and students' mental health outcomes. The internet is a worldwide network system that connects a diverse set of commercial, public, business, academic, and government networks to enable global communication and access to data resources. The terms "internet" and "world wide web" are frequently used interchangeably, although they are not synonymous; whilst the internet refers to the worldwide communication system, which includes hardware and infrastructure, the web is just one of the services provided through the internet (Techopedia, 2020). Internet usage explains the use of the world wide web to enhance academic work. The internet is the most

important information and communication technology that has caused a global shift in information quality (Siraj et al., 2015;Yebowaah, 2018). Siraj et al. (2015) identified the internet as the primary information and communication technology that has led to a quality shift in the global information situation.

1.3 Cyberbullying

Cyberbullying is the most disturbing. Kowalski et al., 2014defined Cyberbullying as the use of information and communication technologies such as e-mail, cell phones, instant messaging, and social media as means of engaging in deliberate, repeated, and hostile behaviour that is intended to harm others. As indicated by a recent review of evidence relating to the causes and effects of cyberbullying, it resembles other forms of bullying in its intention to harm the victim, its origins in power differentials (the cyberbully being higher in status or power), and the fact that it occurs repeatedly. It differs from other forms of bullying in that the bullies often believe that they are anonymous, and their power often derives from the fact that they are more sophisticated with respect to technology and its uses (Kowalski et al., 2014).

Despite these differences, cyberbullying seems to be at least as harmful to the victims as other forms of bullying, adversely influencing the physical, psychological, and social adjustment of victims. In addition, it leads to specific behaviour problems such as reduced popularity, declines in school performance, and can even encourage use of dangerous drugs (Hymel & Swearer, 2015). Since cyberbullying can occur through many outlets ranging from e-mail to social media, it is clearly a serious form of bullying and one that reflects the conditions of modern society in which most people are interconnected with many others through electronic means.

1.4 Mental Health

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.

2 Review of Literature

2.1 Peer Pressure and Adolescent'sMental Health

Singh & Chandel (2022) conducted a study that emphasizes the dual nature of peers' influence on individuals. The presence of disciplined and ambitious peers can contribute to enhancing skills, career growth, and knowledge acquisition. However, there is a drawback, where association with peers engaged in detrimental activities such as smoking and bullying can negatively impact the early career prospects of teenagers. The findings of this research propose that parents and educators should adopt proactive measures, such as dedicating time to engage with young individuals and instructing them in the art of assertiveness, in order to effectively navigate the influence of peers and safeguard them from potential harm.

Cruz et al. (2022) investigated the association between peer pressure and the mental well-being of 226 senior high school students. By utilizing questionnaires, they discovered a significant positive correlation (r=.363). This research examined the relationship between peer

pressure and mental well-being among high school students. Despite their limited susceptibility to pressure and elevated levels of peer support, the participants displayed alarmingly low levels of mental well-being. This study emphasizes the importance of parents, educators, and students acknowledging and addressing this matter. Recommendations include the promotion of positive peer pressure, the prioritization of mental health, and the implementation of comprehensive communication strategies within educational institutions.

Bansal & Bansal (2022) conducted a study investigating the correlation between peer pressure and adolescents' psychological well-being. The statistical analysis conducted in this study indicates a significant negative association between peer pressure and psychological well-being. It was found that adolescents with higher levels of psychological well-being and life satisfaction are less susceptible to peer pressure. In contrast, those with strong interpersonal relationships experience an increased influence from their peers. An examination of gender differences reveals that boys tend to experience higher levels of peer pressure compared to girls. In summary, the existing literature indicates a significant association between peer pressure and the psychological well-being of adolescents, with a particular focus on the effects of satisfaction and interpersonal relationships.

2.2Internet use and Adolescent's Mental Health

The internet is a crucial cultural industry and a threat to personal space. However, it is a routine part of our lives. New users join daily and face online issues. Many studies explore the impact of internet use on adolescent mental health. Yen et al. (2008)study supports the link between internet addiction and poor mental health in adolescents, mirroring outcomesseenwith substance abuse. This aligns with problem behaviour theory, suggesting internet addiction is a potential risk factor. Notably, the study identified a specific association between internet addiction and mental health. These findings underscore the importance of

prioritizing adolescents exhibiting hostility or depression in the development of preventive and therapeutic interventions for internet addiction.

Yen et al. (2010) study explores the relationship between internet use and mental health in adolescents, highlighting both positive and negative effects of social networking. While social networking can provide social support and belonging, it can also lead to cyberbullying and isolation. The article also examines the potential of online interventions for improving mental health, noting their effectiveness in reducing anxiety and depression symptoms. Overall, the internet's impact on adolescent mental health is multifaceted, presenting both opportunities and challenges.

Dhawan& Kang (2023) study investigating internet addiction has become a significant global problem. The prevalence of internet addiction among Indian adolescents is 27.1%. Internet addiction is associated with comorbid mental health problems. Stress is positively associated with internet addiction. The harmful effects of internet addiction can impact daily activities and relationships. The findings highlight a concerning link between internet addiction and mental health.

2.3 Cyberbullying and Adolescent's Mental Health

Mahanta & Khatoniyar (2019) investigated how cyberbullying affects the mental health of teenagers. They found that cyberbullying, which includes online harassment, can lead to problems like depression and anxiety in adolescents. The study emphasizes a strong connection between cyberbullying and mental health difficulties in adolescence.

Fjeld et al. (2020) study investigates the correlation between cyberbullying involvement and mental health problems in late adolescents. It examines the prevalence of cyberbullying among various groups and explores the psychological traits of those involved. The findings suggest that adolescents engaged in cyberbullying are more prone to anxiety, depression, self-

harm, suicidal ideation, and antisocial behaviour. The authors emphasize the importance of understanding the characteristics of individuals involved in cyberbullying to inform prevention and intervention strategies.

Lucas-Molina et al. (2021) study examines how student connectedness protects against the mental health harms of bullying and cyberbullying. Findings show victims of cyberbullying experience lower depression and suicidal ideation when their school fosters strong connections among students. This highlights the importance of promoting positive school environments and suggests social-ecological approaches to cyberbullying prevention, targeting both individual and school-level factors.

3 Statement of the Problem

Effect of peer pressure, internet use and cyberbullying on adolescent's mental health

4 Objectives of the Study

- To find out the level of peer pressure among the adolescents.
- To find out the level of cyberbullying among the adolescents.
- To find out the level of internet use among the adolescents.
- To investigate the impact of peer pressure on mental health among adolescents.
- To investigate the impact of internet use on mental health among adolescents.
- To investigate the impact of cyber bullying on mental health among adolescents.

5 Hypothesis

On the basis of review of Literature following null hypothesis has been proposed :

- There will be no significant difference between Peer Pressure and adolescentmental health.
- There will be no significant difference between internet use and adolescent mental health.
- There will be no significant difference between cyberbullying and adolescentmental health.
- There will be no significant impact of peer pressure on the relationship of adolescents with theirfamily and society.
- There will be no significant impact of cyberbullying on the relationship of adolescents withtheir family and society.
- There will be no significant impact of internet use on the relationship of adolescents with their family and society.

6 Research methodology

6.1 Sample

- The sample would consist of 200 students of Dalsinghsarai's private and government schools.
- The age of students would range from 10 to 19 years.
- The incidental sampling techniques would be use for data collection

6.2 Tools Used

- Peer Pressure Questionnaire - Revised (PQR-R)

  OR

  Any other relevant scale will be used.

- Cyber-Aggression Questionnaire for Adolescents Scale (CYB-AGS)

  OR

  Any other relevant scale will be used.

- Internet Usage Scale

  OR

  Any other relevant scale will be used.

- Mental Health Scale

  OR

  Any other relevant scale will be used.

- Peer Pressure Questionnaire- Revised

  Developed by Sunil & Sandeep in 2016.

- Cyber-Aggression Questionnaire for Adolescents Scale (CYB-AGS)

  Developed by Gracia in 2016

- Internet Usage Scale

  Developed by Shaloo Saini & prof. Parminder Kaur.

- Mental Health Scale Developed by Dr. Sushma Talesara & Dr. Akhtar Bano

7 Following Statistical techniques will be used

- Descriptive Statistics.
- Correlation
- Multiple analysis regression
- T-test

In addition to these techniques any other relevant statistical technique may be used during research work.

Proposed chapter of research

1. Introduction
2. Review of literature
3. Objectives of study
4. Hypothesis
5. Methodology
    - 5.1 Design
    - 5.2 Sample
    - 5.3 Tools
6. Statistical Techniques
7. Result & Discussion
8. Summary & Conclusion
9. Limitation of Research
10. Future Suggestions
11. References
12. Appendix

8 References

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